



Lauren Murphy DIP Couns

MBACP

Lauren Murphy Counselling Services Ltd

Information and contract for new clients

First Session

I will take an overview of your present situation. I will discuss with you what you hope to gain from Counselling. The first session will provide an opportunity for me to see if I can support you in achieving your personal goals and for you to decide if you will be able to work with me.

Fees

I charge £50 per session and request this fee to be paid within 24 hours of the session. I will provide my bank details separately.

Confidentiality

Our work together is confidential. The only exceptions are when the life or safety of yourself or others are at risk. For example, I have the duty to pass information on if the following is disclosed:

- That a child is at risk of significant harm.
- Planned serious harm to the life of yourself or another person.
- If there is serious risk of harm or abuse to a vulnerable adult.
- Information given on any planned terrorism.
- If a court order has requested my notes.
- Information given on money laundering.

Good Practice and Supervision

I abide by the BACP Code of ethics and complaint procedures. These are laid down to maintain good practice standards and to protect both Counsellors and the general public. I have regular supervision from a BACP approved Supervisor and whilst discussing my casework I will avoid disclosing details which may identify you as an individual.



Therapy sessions and agreed working conditions

- Counselling sessions will take place as agreed by Client and Counsellor in a confidential setting
- You will be offered 6 sessions initially with the review to extend if necessary, this will be negotiated.
- Each session will last for 50 minutes.
- Please arrive for your sessions at the agreed appointment time, if you are late, the normal finishing time still applies.
- In the event that you need to cancel your appointment, I ask that you contact me ASAP on my mobile **07725 734 205** and leave a message with as much notice as possible. Appointments cancelled within 24 hours will incur a 50% charge, the same applies if you do not attend a session without notice.



Working Alliance

In the unlikely event of my having to cancel a session I will give you as much notice as possible and offer an alternative time. In addition, I ask that you comply with the following;

- During sessions, you do not physically harm yourself, myself or the property and fittings.
- You do not attend any sessions whilst under the influence of mind-altering drugs or alcohol.
- You accept responsibility for your own thoughts, feelings and actions.

Contract Agreement

Please ask me if there is anything you do not understand. In signing this agreement, you are agreeing that you have read and understood everything enclosed and agree to abide by the terms within it.

Signed:	Counsellor	Client	Date
	<i>L Murphy</i>		

Parent/Guardian if under 18 **Client Copy**